

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2013

## Applesauce Cheese Biscuits

## Lemon-Blueberry Muffins

## Mama's Chicken and Rice

## Salmon Wraps

## Pasta with Creamy Chicken & Broccoli

## Breastfeeding:

### Why breastfeed?

*"To keep my baby healthy."*

~ Samantha, Breastfeeding Mom from Turtle Mountain WIC

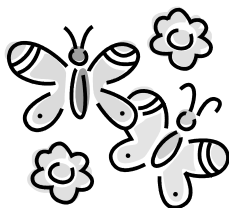
For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Applesauce Cheese Biscuits

([www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise))

- 2 cups flour
- ¼ teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- ¾ cup applesauce
- ¾ cup reduced-fat finely shredded cheddar cheese
- 2 tablespoons butter
- ½ teaspoon garlic powder



1. Heat oven to 400 degrees.
2. Mix first 4 ingredients in a bowl; cut in the shortening. Add the applesauce and cheese.
3. Roll dough to ½-inch thickness and cut with a biscuit cutter, or use the rim of a glass.
4. Bake 8 to 10 minutes.
5. While baking, melt butter and mix in garlic powder. Drizzle over baked biscuits.

Notes: When testing this recipe, we used ¼ cup vegetable oil instead of the shortening, and added ¾ cup skim or 1% milk. Instead of rolling the dough, we placed it into a muffin tin coated with cooking spray.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 170 calories, 4 grams of fat and 27 grams of carbohydrates.

### Lemon-Blueberry Muffins

([www.eatbetterearly.com](http://www.eatbetterearly.com))

- 2¼ cups Kix® cereal
- ¼ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon firm margarine or butter
- ½ cup packed brown sugar
- ¾ cup skim milk
- ¼ cup canola or vegetable oil
- 2 teaspoons grated lemon peel
- 1 egg
- 1¼ cups whole wheat or white flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup fresh or frozen blueberries (do not thaw)

1. Heat oven to 400 degrees. Place a paper baking cup in each of 12 regular-size muffin cups, grease bottoms only of muffin cups with shortening or spray with cooking spray. Place cereal in a resealable plastic bag; seal bag and crush with rolling pin or meat mallet. Set aside.
2. To make the topping, in a small bowl mix 2 tablespoons of the crushed cereal, ¼ cup brown sugar, the cinnamon and margarine until crumbly; set aside.
3. In medium bowl, mix ¾ cup brown sugar, the milk, oil, lemon peel and egg. Stir in remaining crushed cereal, the flour, baking powder and salt, just until moistened. Gently stir in blueberries. Divide batter evenly among muffin cups; sprinkle with topping.
4. Bake 20 to 24 minutes or until golden brown.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 180 calories, 6 grams of fat and 27 grams of carbohydrates.

## Tips for Raising Healthy Eaters

Try New Foods: You may have to offer a food 10-15 times before it's accepted. Try to add just one new food to a meal with three or so healthy foods your child always enjoys.

Adapted from the Dairy Council of California



### Mama's Chicken and Rice

(www.kidsacookin.org)

1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breasts, diced  
1½ cups water  
1 cup thick and chunky salsa  
2 cups instant brown rice, uncooked  
1 can (15.25 ounces) whole kernel corn, drained  
1 cup reduced-fat shredded cheddar cheese, divided

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
2. Add water and salsa to skillet. Bring to a boil.
3. Stir in rice, corn and ½ cup cheese. Reduce heat and simmer 5 minutes.
4. Sprinkle remaining ½ cup cheese on top and serve.

Note: You can substitute a 10-ounce can of chicken breast (drained). Omit step #1 and add the chicken in step #2.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 470 calories, 11 grams of fat and 58 grams of carbohydrates.

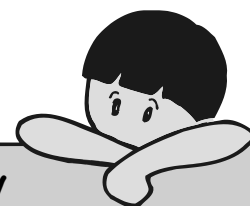
### Salmon Wraps

(www.extension.iastate.edu/foodsavings)

4 ounces low-fat cream cheese  
1 can (14.75 ounces) salmon  
3 tablespoons light Italian dressing  
¼ teaspoon black pepper  
6 (8-inch) whole wheat tortillas  
Rinsed lettuce or spinach leaves  
1 cucumber  
1 tomato

1. Soften the cream cheese in a medium bowl or microwave for 10 seconds.
2. Wipe top of salmon can before opening. Drain salmon in a colander and rinse with water.
3. Add salmon, dressing, and pepper to cream cheese in medium bowl. Stir to blend.
4. Spread ½ cup filling on each tortilla. Spread to the edges.
5. Slice tomato thinly and cut slices in half.
6. Peel cucumber; cut in half lengthwise. Scoop out seeds with a spoon. Cut in half crosswise. Lay on flat side and cut into narrow strips.
7. Lay lettuce or spinach leaves in the center of the tortilla. Top with tomato and cucumber down the center of the tortilla.
8. Roll up tightly. Serve immediately or refrigerate.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 320 calories, 12 grams of fat and 27 grams of carbohydrates.



## Turn Off the TV

Take a nature walk. Identify trees and birds. Look for treasures like rocks, pinecones, sticks, leaves, etc. Look for butterflies, insects, bugs, frogs and other animals. Children love to discover nature.

Source: www.numatters.com

### Pasta with Creamy Chicken & Broccoli

(www.healthyeating.org)

12 ounces spaghetti, uncooked  
4 cups fresh or frozen broccoli florets  
1 tablespoon butter  
¾ pound boneless, skinless chicken breasts, cut into thin strips  
⅓ cup chopped onion  
1 can (10.75 ounces) fat-free cream of chicken soup  
½ cup skim or 1% milk  
½ cup water  
3 ounces low-fat cream cheese, cubed and softened  
¼ cup grated parmesan cheese

1. Cook pasta according to package directions, adding broccoli to pasta cooking water during the last 2 minutes; drain. Meanwhile, in a large skillet over medium heat, melt butter; add chicken and onion.
2. Cook 4 minutes or until chicken is no longer pink.
3. In a medium bowl, whisk together soup, milk, water and cream cheese until smooth; add to chicken mixture. Heat to boiling; reduce heat to low.
4. Simmer until chicken is thoroughly cooked. Remove from heat; stir in parmesan cheese. Toss hot pasta and broccoli with sauce.

**Nutrition Note:** This recipe makes 9 servings. Each serving has 280 calories, 7 grams of fat and 36 grams of carbohydrates.



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## GROWING HAPPY FAMILIES



### Try out some healthier recipes.

Find ways to cut back on sugar, salt and fat as you prepare your favorite recipes. Try out some new recipes from the websites included with this month's *Pick-WIC Paper*.